

THE PONDEROSA POST

What's Doin' Bruin?



SPECIAL ANNOUNCEMENTS:

Our yearbook staff has reached over fifty percent in their sales, so make sure you purchase your book today before they run out!

Hope you had a fantastic winter break, and good luck this semester Bruins!

Choir and Band Winter Concert

By: Elizabeth Hendee

The choir and band did a phenomenal job at their annual winter concert December 4th! Vocal Jazz started the night off strong with their action packed performance of "White Winter Hymnal" & "Mary Did You Know?" featuring Brandon Bartosh, and "Crazy" featuring Courtney Baker & Ben Thuesen. Women's Chorus did an excellent job singing their beautiful piece "Tomorrow Be My Dancing Day," featuring Sierra Morgan, Sophia Griggs, and Alyssa Seeley. Later on, Concert Choir blew the crowd away with their mysterious song, "Darkest Midnight In December," and "God Rest Ye Merry Gentlemen" in the style of Pentatonix. Jazz II got everyone dancing with their pieces "Work In Progress" and "I Wanna Be Like You" from Disney's The Jungle Book. The combined men's piece of "O Come, O Come Emmanuel" had everyone in awe with their cont.

harmonies. The night began to wind down as all of the musicians and alumni sang Ponderosa's annual piece "Carol Of The Bells." The Marching Band ended the night with their amazing performance based off of this year's theme, Fahrenheit 451.

A special thanks to all of our contributors:

Lucy Nisbet- Choral Director
Taylor Sabado- Band Director
Michelle Jones & Anna Shore- Accompanists

If you would like to help choir reach their goal of purchasing a piano for concerts, please go to Bruinchoir.com/BruinChoirPiano to donate today.

Senior Dodgeball Tournament

By: Camille Hoover

This year's Senior Dodgeball Tournament was another success! Every team put in their best effort, but the final matchup was the Average Joes facing off against the Dirty Dodgers. It was a tough battle, with losses on both sides. While the Average Joes fought hard, in the end it was the Dirty Dodgers who emerged as our 2018 champions. Congratulations to them and to everyone who participated in the tournament -- Go Bruins!



FFA Ugly Christmas Sweater Party

By: Jenna Love

On December 7th, Ponderosa FFA held an event open to the whole school for students to come relax before finals week and get into the Christmas spirit. During this night, students came to decorate cookies, decorate gingerbread houses, write letters to our troops, color holiday pages, take photos with Santa, and participate in the white elephant gift exchange. In this season of giving back, we decided as a chapter to decorate Christmas trees and gift them to families who couldn't afford Christmas trees. By doing this, our members and chapter are giving back to community members who have done so much for us through their support. We finished off the night with watching 'Home Alone'. This event was so much fun and our FFA chapter is definitely "exceeding expectations" through our events and community service.



An Interview With Ms Rich

By: Maia Salter

This month I was able to interview our fantastic 3D Art and Design teacher, Ms Rich!

What is something your students don't know about you?

They don't know that I've traveled to Europe, and to Indonesia by myself.

What are some of your hobbies?

I'm a reader. I read everyday. I also make jewelry, [and] I'm relearning how to oil paint with water-based oils.

If you could travel anywhere in the world, where would you go?

Oh, I would definitely go to France, and I'd learn how to bake bread really well.

Who is your favorite artist and why?

I was just thinking about this last night! I will tell you one of them, and that [is] Käthe Kollwitz.

She was German born, and during World War II her art protested the war. She had two sons, [but] both died in World War I and World War II. What I love about her is that she was an incredible drafts person. She could draw so amazingly well, and her art is strong and powerful... but she was also an artist for the people. She was banned in Germany, by Hitler, so [she was] really interesting.

What is your favorite medium to work in?

I love to draw figures in pencil, and watercolor. Watercolor and pencil, together. That is one of my absolute favorites.

Do you have any advice for beginning artists?

Yes. Work often, and try to not get in the way of the creative process by judging yourself.

What do you like most about Ponderosa?

I love our culture here. I love the students. Honestly, if I'm feeling down, you guys make me happier. I just love being creative with you all!

College of the Month: Colorado State University

By Bella Stone

Colorado State University is found in Fort Collins, Colorado. With close access to Fort Collins, students are able to enjoy many outdoor activities such as white water rafting, hikes, mountain biking, and more-- all within 30 minutes of the campus. A sense a community is built among the students, since all incoming freshmen live on campus. Many students also participate in school athletics. Colorado State is a Division I school and their sports include football, soccer, volleyball, basketball, swimming and diving, tennis, and softball. CSU also offers intramural and club sports. The tuition for in state students is \$10,590 while the out of state tuition for students is \$27,258.



Balan Shankar (12) and Joshua Rudfelt (11)

The Thrills of Roller Hockey

By: Maia Salter

Combining the sheer intensity of hockey and the coordination of rollerblading, roller hockey is not for the faint of heart.

Originating at a London roller rink in 1872, roller hockey swiftly rose in popularity. Eventually, over a hundred years later, roller hockey found its way to Shingle Springs. Mr Fulp organizes Ponderosa High School's very own Roller Hockey Club, a passionate group of people dedicated to preserving the sport.

To casual viewers, roller hockey might seem like a needlessly dangerous sport. However, according to junior Joshua Rudfelt, roller hockey isn't *that* bad. "With other stuff," he says, "if you mess up, [you] could die. With roller hockey, if you fall, you just scrape your elbow." Senior Balan Shankar concurs: "I've gotten bumps, a little blood... [but] I bleed it out."

Part of the allure of Roller Hockey Club is its community. Frequent practices and games ensure that the club members grow close over their shared interest. Learning how to rollerblade is also a bonding experience, as even the most experienced skaters struggle

sometimes. "I was skating, and I saw Mr Fulp back against the net. He was skating, and he hit a crack and fell on his butt. [I]t was pretty funny because he's been skating longer than me, and he fell," Joshua reflects. For those considering participation, he says he absolutely recommends roller hockey: "It's a good sport."

January Sports Update

By: Lacy Smith

Bruins have been killing it in sports so far this season! With basketball, wrestling and soccer going on there are plenty of exciting games and matches to attend. In the wrestling tournament the boys fought hard and their duals and performed excellently. Meanwhile in soccer the matches so far have been exhilarating for both boys and girls games. The basketball season has been going strong with the boys and girls playing phenomenal and dominating the court!

Ponderosa High School Stats

By Ryan Caruth

As the fall sports have come to a close, winter sports have begun. The Girls Varsity Basketball team has had a good start to the season and are currently 3-2. As for the Boys Varsity Basketball team, they are currently 2-2. Aidan Falls has put up good stats and has scored 60 points so far this season. Elijah Henderson has also put up good stats, scoring 46 points on the season. The soccer season is also underway. The Girls Varsity Soccer team has gotten off to an excellent start and are currently 3-1.

Give Me a Break: A Piece on School Holidays

by Kaylee Smith

“17 minutes,” A student answered when asked how long they spent on school related subjects over the recent Thanksgiving break. Shocking, undoubtedly. Many reading this could name off the hours they spent. Others might shrug their shoulders, unfazed by the fact that some students aren’t the most responsible over a vacation. The rest might have their dislike of holidays from school reaffirmed. It begs the question: How do breaks affect students?

Teachers and parents are the first to offer criticism of lengthy times away from the classroom. Teachers, for the most part, come to the consensus that breaks should be long enough to relax, but not so long that returning to school feels foreign. “...As for all these worries about pupils forgetting all they've learned – in the independent sector, where I work, children have up to nine weeks [of break], and their exam results don't suffer. We all know that some of the most valuable learning experiences take place away from the classroom,” stated Anthony Seldon, headteacher of Wellington College on his discussion on taking breaks from schooling. Some teachers oppose his ideal, and prove that students do little to no work. However, according to a survey of over 70 high schoolers in the northern Californian area, their homework was 1.5 times higher over break than during school. Unfortunately, over half said they spent less than 7 hours over the break on previously alluded work. This means they were only spending an hour a day to begin with; not exactly the increase many would hope to

see. Parents, however, seem to have some stronger opinions on both sides. Parent-approved articles like Huffpost’s “14 Screen-Free Ways To Stimulate Your Child’s Mind” and the over 61.8% increase of homeschooling in the past 10 years (U.S. Secretary of Education Arne Duncan released these statistics in 2015), make it clear to infer that parents are more involved in education beyond the whiteboards. Breaks are risk-free chances to do that, however other parents shared skyrocketing sleep times and angered themselves over “lazy” children, which is why a majority of guardians have established over-break schedules that rival their usual schooldays. These plans have included an amount of books read, pages of notes rewritten, extra chores, and more regulations on normal household rules (i.e. “screen time”).

Nevertheless, both groups think the best for their students, and want the utmost care. Still, a question is begged, if teachers and parents are going to assign more work than usual over a break, is the point of a break lost? Or, is it the students not working hard enough over break that’s causing problems?

According to the 2012 survey “Teen Health,” conducted by Nemours, 52% of students say their vacations should be just the right amount of busy and relaxing. Not to mention, without statistics or expert statements, no one will deny liking to have some time off from tests and classwork. Students rely on breaktime for catching up on late work, studying, and that divine extra credit. Whether someone focused on athletics, academics, or artistic, every student can agree that breaks are something looked forward to. Too many have also admitted to their own misfortunes after break. Referring to the introduced survey before, over half of students admitted that they forget key elements in math, science, English, or history. Rather contradictory, over half provided that they spent all of their work time balanced between those subjects. This leaves many believing that breaks are harmful, as even if students are working, it seems they aren’t retaining anything. *cont.*

Students would argue against the pure academic aspect of breaks, however, as one said “breaks are needed for mental health.” Mental health days are becoming a widely talked about issue, a debate on whether making time for yourself instead of work will improve mood. Amy Morin, of LCSW, would happily agree. She has advocated for one of the healthiest things you could do for your mind: take a break. More and more professionals have teamed up to agree that young minds are becoming more stressed, and that constant challenging may have less-than-stellar consequences later. Opposing parties continue to rally behind the “real world” argument; you don’t get three weeks off once you get to a job or higher education.

Whether you approach Spring Break with impending doom, or can’t wait to turn your alarm off, breaks aren’t going anywhere. Whether or not they are blessings or curses is controversial, as expected.

Amazingly enough, a majority outside of those with strong convictions believe that breaks are both harmful and helpful. Alas, anyone can agree that breaks might as well be what you make of them. If you’re the 1.4% of students that spend over 24 hours in a week’s holiday hunched over geometry, or the one that spent 17 minutes on three (maybe four) vocabulary words, remember to do your extra credit and maybe, just maybe, take a break.

The Ponderosa Post

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A special thank you to Ms Roberts for being our adviser!
